

2008 FITNESS CLASSES AT BNL

Continuing activities that you may pay for as you go:

- **Aerobic Fitness** - contact Pat Flood x7866
Tuesday & Thursday @ 5:15pm at Rec Hall - 10 classes for \$40 or \$5 per class
- **Jui Jitsu** - contact Tom Baldwin x4556
Tuesday @ Gym from 6:30-7:30pm - All levels ages 6 and above - \$10 per class
- **Kickboxing** - contact Recreation Office x2873
Monday & Thursday @ 12 Noon in the gym - \$5 per class
- **Ving Tsun Kung Fu** - contact Scott Bradley x5745
Tuesday, Thursday & Friday @ Brookhaven Center at noon - Taught by Master William Moy - Tuition

Activities available all year and are FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc x2027
Thursday - 12 Noon @ 51 Conference Room
- **Tai Chi** - contact A. Rusek x5830
Monday, Thursday & Friday @ 12 Noon at Brookhaven Center
- **Yoga** - contact Ila Campbell x2206
Wednesday - 12 Noon @ Brookhaven Center - [For more Yoga class information](#)

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES
Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400

JAZZERCISE – 8 week session - \$90 for twice a week (will have option to use Holbrook & Wading River locations in addition to Tues/Thurs classes)

Tuesday & Thursday from 12-1pm at the Rec Hall – Bldg. 317

Tuesday: Sept 9, 16, 23, 30, Oct 7, 14, 21 & 28

Thursday: Sept 11, 18, 25, Oct 2, 9, 16, 23 & 30

AQUA AEROBICS – 8 week session - \$20 for once a week, \$40 for twice a week

Tuesday & Thursday from 5:30-6:30pm at the Pool – Bldg. 478

Tuesday: Sept 9, 16, 23, 30, Oct 7, 14, 21 & 28

Thursday: Sept 11, 18, 25, Oct 2, 9, 16, 23 & 30

PILATES – 8 week session – \$65 for once a week, \$80 for 2x and \$130 for 3x

Monday from 12:15-1:15pm at the Rec Hall - Bldg 317

Monday: Sept 8, 15, 22, 29, Oct 6, 13, 20, 27

Monday & Wednesday from 5:15-6:15pm at the Rec Hall – Bldg 317

Monday: Sept 8, 15, 22, 29, Oct 6, 13, 20, 27

Wednesday: Sept 3, 10, 17, 24, Oct 1, 8, 15, 22

----- return with registration fee-----

2008 BERA FITNESS REGISTRATION – Jazzercise, Aqua Aerobics and Pilates

Activity: _____ Class Day: _____

Name: _____
(Please Print)

BNL Life/Guest Number: _____ Building Number: _____

Phone Number: _____ Email address: _____

Emergency Contact and Phone Number: _____

Make checks payable to BERA and mail to: Recreation Office, Building 400